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THE EMBODIMENTS OF THE INVENTION IN WHICH AN EXCLUSIVE PROPERTY OR PRIVILEGE IS CLAIMED ARE DEFINED AS FOLLOWS:

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1. A bracket for use with insulated forms for concrete walls for attaching a header or rim joist to the concrete wall, the bracket comprising an attachment plate for overlying the exterior of the insulated form to provide for a means of attaching the header or rim joist to the bracket, and an anchoring plate ³⁰ extending from the attaching plate for insertion into the interior of the insulated form.

2. A bracket as claimed in claim 1 wherein the bracket is an L-shaped bracket with the attachment plate ³² forming the base of the L and the anchoring plate extending perpendicular from one edge of the attachment plate to form the leg of the L.

3. A bracket as claimed in claim 2 wherein the anchoring plate at the end distal the attachment plate is generally U-shaped to provide for two anchoring structures located at the top and bottom of the anchoring plate. ³⁷

4. A bracket as claimed in claim 3 wherein each of the anchoring structures are provided with a centrally located opening ³⁴ through which concrete can flow.

5. A bracket as claimed in claim 4 wherein the opening is of a size to allow steel reinforcing bars placed in side-by-side relationship to pass therethrough. ^{No 36 rec'd}

6. A bracket as claimed in claim 5 wherein the anchoring structures are provided with recesses along the top and bottom edges for supporting steel reinforcing bars.

7. A bracket as claimed in claim 6 wherein the attachment plate is provided with at least one extension wing ⁴⁰.

extending from the edge of the attachment plate where the anchoring plate joins the attachment plate.

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8. A method of attaching a header or rim joist to a concrete wall constructed using insulated forms, the method comprising cutting a vertical slot in the insulated form, inserting a bracket into the slot, the bracket having an attachment plate for overlying the exterior surface of the insulated form and an anchoring plate extending from the attaching plate through the slot into the interior of the insulated form, pouring concrete into the form, allowing it to set, and attaching the header or rim joist to the brackets.

9. A method as claimed in claim 8 wherein the bracket is an L-shaped bracket with the attachment plate forming the base of the L and the anchoring plate extending perpendicular from one edge of the attachment plate forming the leg of the L.

10. A method as claimed in claim 9 wherein the anchoring plate is generally U-shaped to provide for two anchoring structures located at the top of bottom of the anchoring plate.

11. A bracket as claimed in claim 10 wherein each of the anchoring structures are provided with a centrally located opening through which the concrete can flow.

12. A method as claimed in claim 11 wherein the opening is of a size to allow two steel reinforcing bars placed in side-by-side relationship to pass therethrough.

13. A method as claimed in claim 12 wherein the anchoring structures are provided with recesses along the top and bottom edges for supporting steel reinforcing bars.

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14. A method as claimed in claim 13 wherein the attachment plate is provided with at least one extension wing extending from the edge of the attachment plate where the anchoring plate joins the attachment plate for supporting the foam panel during the pouring of the concrete.

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